



Summer & Fall Vegetable Planting Guide

Enjoy an abundant harvest through Fall and Winter with these cold-hardy vegetables!
This is for Salt Lake City, UT Growing Zones 6b-7a

Sowing Date Range:

Start Seeds Inside
 Direct Seed Outside
 Transplant to Garden

	Early June	Late June	July	August	September	October	Harvest
Beans							Summer
Broccoli**							Fall→Winter
Cabbage**							Fall→Winter
Cilantro*							Fall→Winter
Collards							Fall
Corn							Summer
Mustard Greens*							Fall→Winter
Squash (Summer)							Summer→Fall
Squash (Winter)							Fall
Cress*							Fall
Beets							Fall
Carrots							Fall
Green Beans							Fall
Kale**							Fall→Spring
Kohlrabi							Fall
Lettuce*							Fall→Winter
Mache*							Fall→Winter
Onion							Summer
Pac Choi*							Fall→Winter
Peas							Fall
Spinach**							Fall→Winter
Tatsoi*							Fall→Winter
Arugula*							Fall→Spring
Radishes*							Fall
Seed Garlic						Oct-Nov	Summer

**Use row cover for protection from frost when the weather cools.*

***Harvest when small.*

Adapted from Almanac.com, University of Utah Extension, & Johnny's Winter Harvest Calculator





Cold Season Flower Garden Guide

Direct Seed Outside
 Start Indoors - Cold Stratify
 ★ Best time to plant

	Fall/Winter	Early Spring	Before Last Frost	Life Cycle	Variety Type
Bee Balm				Perennial	Native Flower
Bee Friend				Annual	Flower
Bee Plant	★ 			Reseeding Annual	Native Flower
Bells of Ireland				Annual	Flower
Blanketflower				Perennial	Native Flower
Blue Prairie Camas				Reseeding Annual	Herb
Calendula				Annual	Flower
Columbine	★ 			Perennial	Flower
Cornflower				Annual	Flower
Gloriosa Daisy				Perennial	Flower
Echinacea Purple Coneflower				Perennial	Flower
Feverfew				Perennial	Flower
Larkspur*				Reseeding Annual	Flower
Lemon Balm				Perennial	Herb
Lupine*	★ 			Perennial	Native Flower
Marshmallow	★ 			Perennial	Flower
Milkweed	★ 			Perennial	Native Flower
Nettles				Perennial	Herb
Nigella				Reseeding Annual	Flower/Herb
Penstemon	★ 			Perennial	Native Flower
Poppy				Reseeding Annual	Flower
Self-Heal				Perennial	Herb
Showy Goldeneye	★ 			Perennial	Native Flower
Wild West Sunflower				Annual	Native Flower
Northern Sweetvetch		<i>Seed in flats &</i>	<i>leave outside to sprout</i>	Perennial	Native Flower
Wormwood*				Perennial	Shrub

Tips for Flowers

Direct Seeding & Starting Outside

Try to prepare a weed-free seedbed prior to sowing.

Sow seeds in rows rather than scattering seeds so it is easier to locate your plants within the weeds come springtime.

Gently rake sown seeds into the soil, or cover them very lightly with compost.

Alternatively, you can sow your seeds into pots or flats outside in the fall, and then transplant them in the spring after germination. Be sure to protect sown pots from squirrels, and don't let them get excessively dry.

Cold Stratification & Scarification

To cold-stratify your seeds indoors, place them in a bag of damp sand and store them in the refrigerator for the amount of time specified on the packet's planting directions.

Scarification methods range from soaking the seeds in hot water to scouring them a bit with sandpaper. Recommendations for this method vary per seed-type.

Find out more about each variety on our website.

*Variety is considered noxious in some regions, or is known to have toxic properties. Please see our website for specifics.

For variety specifics, please visit SnakeRiverSeeds.com

